

LivingRightNow
being, gathering, having, becoming



EXPLORATIONS

Jump start your Living Right Now
journey in 2010.

Three days with us = self-care for life

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www.livingrightnow.com

Introduction

The [Living Right Now](#) journey is all about you and your story. Your past story has informed your Now, and the design of your future story is all up to you. You are the agent of your own transformation. Here at [Living Right Now](#), we're wondering

Is something missing for you RIGHT NOW?

Most of the women we know (and we include ourselves here) like to think of themselves as "glass half full" people. Admit it gals, we look for the silver linings, and we make the best of things. We've all worked out intuitively that getting on in life is about working with what you've got, rather than what you haven't.

Still, many of us realise, sooner or later, when we take a look at our lives, that there are gaping holes. It could be a lot of little ones, or maybe just one big one. But, no matter how much you pull the threads together, they never quite meet up enough to make one nicely fitting life. As practical women, it can be tempting to settle, count your blessings, and just get on with it.

Well, we think otherwise. We think that you can have it all. And not in that selfish, egocentric, walk all over everyone, look out for number one kind of way that ultimately creates even more unhappiness and emptiness. You can have it all in a Living Right Now way.

Our Philosophy

Our brand name is no accident. Here's why...

Living –a verb. Your full and complete life depends on your full and complete participation. It's not an abstract idea that takes you by surprise, like John Lennon's quote "*life is what happens when you are making other plans*". We want to assist you in working out what "living" really is for you.

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Right – as opposed to wrong, of course. Not always as easy as it sounds when you are in the thick of your life. You climb the “right” ladder of success only to find on the very last rung that you are propped up against the wrong wall. And how did that right become a wrong? Often, it’s because you ignore your own internal navigation system. It gets pretty confusing out there. There are many possible right ways. Which one is for me? So, we want to show you how to tune into your own internal reference point for what’s right and wrong.

Now – not then or there, just now. Now is the only time that really matters. What you do now makes sense of your past and creates your future. We know that you are drawn to beating yourself up about what might have been or worrying yourself into frenzy about what might be to come. We know that, because it is the human condition. It doesn’t have to be that way. We want to demonstrate to you how great it is to recognise and appreciate the present, and to find the natural ways that you can do that.

So, in a nutshell, that’s our philosophy. Be active in your life. Be mindful of your actions. Take a good look around at the gifts right there for you, and amongst them are your keys to happiness and freedom. Imagine that you’re on the best holiday of your life, and you’ve been upgraded beyond first class on the cruise ship into paradise. They hand you the keys to the staterooms reserved for the great and the good. One by one you turn the keys to each room and delight in the riches you find there.

It’s just like that when you are Living Right Now. You learn how to open the doors to BEING who you are, GATHERING your resources, HAVING your heart’s desire, and BECOMING... the very best you can be.

We’ll show you how.

Key Life Areas

When we think about the five key areas of life, we define them simply as follows:

Health: Physical and mental health. Your general sense of well being

Wealth: Material assets in your life and sense of abundance in relation to those assets

Career: Paid or unpaid activity. Your satisfaction, progression and contribution.

People: Your personal and professional relationships and sense of connection with others.

Growth: Personal and spiritual development and the maximisation of your best self.



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Life states

The four life states implicit in our philosophy are embedded within our model for Living Right Now. These 4 states are not linear and we move between them depending on what is happening in our lives at any given time.

We summarise states as follows:

Being: Accepting Yourself

Gathering: Reaching for Goals

Having: Generating Abundance

Becoming: Realising Full Potential



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Where are you Right Now?

Before you can move forward, you need to know where you are starting from; to know which life areas you want to enhance and how you rate your life experience currently. All of our programs start with YOU. Once you have signed up to join us at an Explorations program, you will be asked to complete a questionnaire designed to raise your awareness and focus your attention.



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Explorations

Exploration sessions are designed to access areas within you that will sustain and support you in accessing the states of being, gathering, having and becoming.

You can call them holidays, retreats, or spaces in time when you can simply "be." We like to call them Explorations, to reflect your inner personal journey and to capture the thrill of taking that journey in beautiful and inspiring surroundings. You can be sure of accelerated results as you relax, recharge, and envision your way to Living Right Now.

[Marie Taylor](#), one of Europe's premier life coaches, will be facilitating two Explorations in the United States in the spring of 2010. Marie is a Master Practitioner in NLP, a trained hypnotherapist and a member of the European Mentoring and Coaching Council.

June Exploration

We are delighted to be working with The Meadowcreek Inn and Spa. Here you can discover how to introduce Living Right Now into your daily life in the relaxed surroundings of a spa environment with a menu of treatments designed to relax and rejuvenate.

You may want to arrive earlier or stay longer to take full advantage of this lovely spa and the hospitality and expertise of their wonderful staff.

Program

Tuesday:

7:30pm Meet and Mingle- An introduction to the spa and the LRN Exploration

Meet Marie and the travellers who are joining you on this journey of exploration.

Wednesday:

Morning Keys to Living your best life: four tenets of Living right now (ie what do being, gathering, having and becoming mean) 1.5 hours together.

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Afternoon Are you frazzled or fizzing this spring? Clearing and Releasing- letting go of tolerations, clearing mental clutter. 1.5 hours together and 30 minutes on your own or with another if you choose.

Evening Guided Meditation

A half hour session of guided meditation to aid restful sleep.

Thursday:

Morning Shameless self-promotion: Self marketing for women : Using a bit of marketing theory to plan how you are going to get what you have to offer, noticed) 1.5 hours together.

Afternoon Do us all a favor! Taking time every day to focus on you and your one life (A mixture of exercises to practice getting you Living Right Now beyond the spa!) 1.5 hours of group and individual playwork.

Evening Guided Meditation

A half hour session of guided meditation to aid restful sleep.

Friday:

Morning Committing to yourself. A session of personal commitment to prepare you for your continuing journey ahead. 1 hour together.

Optional Sessions

Exploration participants may also schedule individual coaching sessions at a special rate. Appointments are available for in person coaching during the retreat, or via telephone pre or post retreat. Let us know you are interested when booking your Exploration.

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JUNE 2010

**Tuesday June 15th – Friday, June 18th – Sawtooth Mountains
The Meadowcreek Inn and Spa, Stanley, Idaho**

Nestled below the Sawtooth Mountains (120 miles from Boise) and within easy reach of Sun Valley, this is the ideal get away from it all for you busy professional women wanting to feel the air and soak in the peace of this beautiful space at [Meadowcreek Inn and Spa](#).

Meadowcreek provides cozy accommodation and a wide range of spa treatments. Come alone or with a girlfriend or two - all you need to decide is whether you want to share a room or slumber solo..

The LRN Exploration comprises five group sessions and two evening meditations, a copy of the LRN Frazzled to Fizzing book and the Frazzled to Fizzing journal, three spa treatments, two group dinners, and access to Meadowcreek amenities, including the hot tub and a glass of wine from the wine bar. Individual coaching sessions may be scheduled for an additional fee.

The LRN Exploration is \$650/double or \$775/single (plus tax)

You may want to arrive early, stay longer, or spoil yourself in the spa, in addition to participating in the Living Right Now Exploration. We will work with Bill and Peggy and their lovely staff at the Meadowcreek to help add any extras that will make your stay just what you need.

Book your Living Right Now Exploration Today!

Email <mailto:info@livingrightnow.com> or

Call (US) **208-495-3950**

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By the end of your Living Right Now Explorations Experience.....

The mind detox throughout will provide clarity and opportunities for new thinking

You will gain insights into how you are experiencing your world in terms of health, wealth, relationships, career and spirituality.

You will learn new techniques for allowing and including 5-15 minutes of self-care into your life everyday.

Your own awareness of the wonderful package that is you will be "clear and out there".

Your body and mind will be rested, nourished, and if you want-challenged.

What clients say about Marie Taylor...

"Marie provides kindness, heaps of challenge and a box full of knowledge. She's my cheerleader, the person who takes me to the edge of my possibility, pushes me towards it and then catches me with both hands when I fall. I have had moments of hating her, adoring her and not believing her when she told me the wonder and potential she saw in me. 8 months later- I saw it too. (I'm a slow learner- well, I used to be)". *Margaret Prosser.*

"Marie's mentoring is both insightful and challenging. Her expertise in business offers microscopic questioning to enable you to get the core of matters as well as intelligent ideas and solutions. I recommend mentoring and coaching with her to anyone looking to take themselves and their business to the next level. Thank you Marie." *Jules Wyman, Female Winner of Britain's next top coach in 2009*

"After just one session with Marie I feel like a lioness of courage. She is gentle but assured, in tune yet not in your face, and quite simply a magnificent coach. She'll help you break the balls of any limited beliefs for sure! She rocks!" *Carrie Eddins of Chocolate Rehab*

"How do you do that mind scramble stuff Marie? I know that when I feel tired after our sessions and you say "Just let that cook" that

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you have helped me create a wonderful shift in thinking. With those shifts come great results- I asked for an increased bonus this morning and by 1pm I had it confirmed. I know I am worth it and that I deserve every penny. I also know that if I hadn't been working with you on this I would have been without that £9,000. I love having you as my coach." *Andrea Dudley*

" There have been times in my coaching with Marie when I haven't known whether to curse her or kiss her. She says things that I know to be true and haven't faced, she believes in me more than I often believe in myself and even when she tried to sack me as a client, she took the slacker back because she and I know that I now want to reach my potential. She does tough love and absolute acceptance in a way I have never known. In a way that I am learning to find in me and do for myself. I still want to curse her sometimes however!
Emily George

"Marie is quite simply a fantastic coach. She laughs like no one I have ever known and is very witty. Sometimes working with her makes my head hurt. She's quite simply a great person to have at your back both when the chips are down and in fair weather. My life has far more fair weather days since I started coaching with Marie. My hubby wants her too but he can take a hike- I'm not sharing".
Carol Winehouse

" I first met Marie she looked at me like I was the same as everyone else in the room. I use a wheelchair and she has never made a single allowance for that other than making sure that when we meet I can get in and out and go to the bathroom. This has been one of the most important things about having her as my coach. She helps me to be more than others think I can be. She sees me for what I am – A fabulous actress who happens to use an aid to get around. She's my kindest critic and holds the mirror up to show me my best self at every turn. I highly recommend Marie". *Lily Brown*

" What have I got from working with Marie? A house in France, 2 horses, a new husband and the best job in the world. Oh and I can look in the mirror without crying. She is extraordinary. Thanks MT".
Belinda Reynolds

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Starting your living right now Journey from a different place

Feel you are not yet ready to experience the joy of Living Right Now via one of our Explorations? We have created products to enable women to access the Living Right Now Philosophy and improve their well-being today!

- Sign up at [Living Right Now](#) and access **10 free weekly downloads** from our Inbox Inspiration series. Your own weekly coaching exercises and tips delivered to your inbox.
- **Our pack of 52 cards** provides everyday practical inspiration. Some clients carry them in their handbag and pull them out in a private moment of reflection each day or once a week. You can [order online here](#)
- **Our book Frazzled to Fizzing** 5-15 minute tips for women who want it all is full of content-rich reflections, tips, techniques and practical activities to enable you to apply the **Living Right Now** philosophy immediately. You can [order online here](#) or via Amazon (where we have been receiving rave reviews)
- **Our journal** is an accompaniment to the book for those of you that like to write your thoughts as you travel through Frazzled to Fizzing. It has lovely quotes and words to inspire. It is undated, allowing you to make it truly yours and use it as and when you choose. You can [order online here](#) or via Amazon.

We love to hear what benefits our customers have experienced from working with us and using our products and we're happy to answer any questions you have, so do contact us via the [Living Right Now blog](#) or email us via the [website](#).

Keep in touch with us by signing up on the site if you haven't already!

Enjoy the journey

Marie and Jeni xx